

PATIENT INFO BOOK FOR HERBST

norwest
Orthodontics 
Orthodontics & Dentofacial Orthopaedics for Adults & Children



Dr. Shimanto Purkayastha

BDS, MOrth(Hons), MOrthRCS(Ed), MRACDS (Ortho), AOB Cert.

SPECIALIST ORTHODONTIST

Ph: 02 9672 6113

Follow us on:    

Congratulations on starting your orthodontic journey. This is the first step to a beautiful, healthy and amazing looking smile. At Norwest Orthodontics we believe that successful orthodontic treatment depends upon your understanding and co-operation. To make sure our journey is as easy as possible please follow some of the simple tips included in this booklet.

WHAT IS A HERBST

Dr Shimanto has determined that a Herbst is necessary for your child. A Herbst is a fixed orthodontic appliance that is used to align the upper and lower jaw. There are two components to a Herbst -an upper and lower plate -that are connected with a rod and work together to position the lower jaw forward. A Herbst is typically in place for twelve months and is followed by braces.

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Will the Herbst Affect my Speech?

Initially after having the Herbst fitted, you may notice that your speech is slightly altered. This is completely normal and temporary. We recommend reading out loud or even talking a little bit more to help improve your speech.

ORAL HYGIENE CARE

Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth not only look good but they make it possible to eat and speak properly. Therefore good oral health is important to our overall wellbeing. Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and will keep your smile looking beautiful while preventing bad breath. People undergoing orthodontic treatment need to be even more dedicated to good oral hygiene.

All orthodontic appliances have a tendency to trap particles of food and collect plaque. Therefore it is essential to keep your teeth and gums clean when wearing orthodontic appliances. This makes brushing and flossing even more important to prevent the build-up of plaque which can result in gum inflammation and tooth decay.



1

Using a fluoride toothpaste and a small soft toothbrush, place your brush at an angle of 45 degrees towards the gumline (this is where the gums & teeth meet). Gently brush along the gumline.

2

Spend about 10 seconds on each tooth before moving onto the next tooth, brushing in a set pattern so that you do not miss any teeth.



3

Ensure to brush all surfaces of your teeth. Brush both the inside and the outside surfaces of your teeth using a gentle circular motion on each surface. For the chewing surfaces, use a firm back and forth motion.

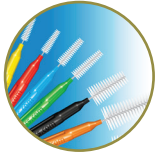


4

Using your toothbrush gently brush all the components of the Herbst to remove any plaque or debris. A battery powered brush may be helpful.

5

Use interdental brushes (such as Piksters) to remove any food caught around your Herbst appliance and to clean around the gumline.



6

Ensure to continue to clean in between your teeth with superfloss, regular floss or Piksters.

7

Spit out excess paste and do not rinse with water. Allow the fluoride toothpaste to stay on the teeth as it helps strengthens the enamel.



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Do I still need to see my dentist?

It is important that you maintain your normal visits to your family dentist during your orthodontic treatment to ensure oral health is maintained. Orthodontic treatment may need to be put on hold or stopped altogether if there is significant deterioration in your oral health during the active treatment period.

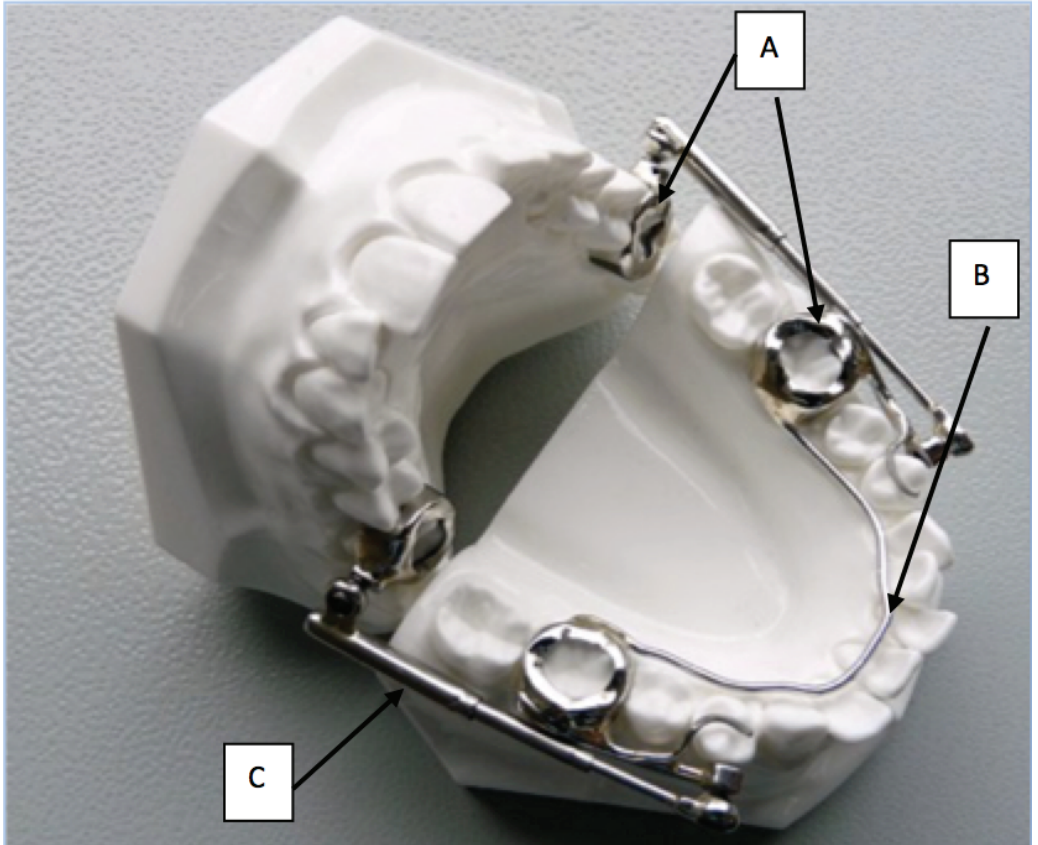
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Will my teeth be sore?

After an orthodontic appliance has been put on, it is usual for teeth to be sore for up to 24 hours. This initial discomfort may even last 3 to 4 days. Panadol will help to relieve this discomfort. A soft diet is also recommended.

GETTING TO KNOW YOUR HERBST

The Herbst appliance was named after Emil Herbst who invented it in 1904. The Herbst has a few components as pictured below.



- A. **Molar Bands**
The molar band is a metal band that wraps around and is cemented to the tooth.
- B. **Holding Arch**
The holding arch acts as a supporting structure for the lower component of the Herbst.
- C. **Tube and Rod**
The tube and rod connect the upper and lower portion of the Herbst appliance and correct the lower jaw position

TIPS TO ENSURE TREATMENT IS SUCCESSFUL



Ensure your teeth and Herbst are brushed frequently and properly. Good oral hygiene means removing bacterial plaque which can cause inflammation of the gums, loss of supporting bone, and tooth decay.



Brush teeth, gums and your Herbst three times a day (especially after eating).



Use floss or an interdental brush to clean between teeth at least once daily (ideally before bed).



Use a fluoride toothpaste to help reduce the risk of cavities.



It is normal to have discomfort for a day or two after the Herbst has been adjusted. However, it can make eating uncomfortable. The discomfort is normal and temporary and can be assisted by the use of mild pain relief e.g. paracetamol as well as a soft diet.



The Herbst does not cause mouth ulcers. However, they may be exacerbated by an irritation from braces. Prompt relief can be achieved by applying a small amount of topical anaesthetic (such as Bonjela gel) using a cotton swab.



Carry a toothbrush, interdental brushes and/or floss at all times so that you or your child can clean your teeth anytime, anywhere.



Inform our team of any unusual symptoms, an accident to the mouth, or if your Herbst is broken as soon as they are noted.



Advise our clinicians if there are any changes to you or your child's general medical health.



Keep all orthodontic appointments.

HERBST EMERGENCIES

Herbst emergencies occur occasionally and, although they may be a little upsetting for the patient and p

Common Emergencies

Management

LOOSE BAND OR CONNECTING ROD

Call us to make an emergency appointment.

PAIN AFTER GETTING THE HERBST FITTED

It is normal to have discomfort for up to a week after getting the Herbst fitted. A soft diet will be more gentle on the teeth. Mild pain relief may also be

DISCOMFORT WHILE EATING

After getting the Herbst fitted, there may be some initial discomfort while eating. We recommend a soft diet initially while adjusting to the Herbst.

MOUTH SORES

Some patients are susceptible to episodes of mouth sores. While the Herbst is fitted, areas of ulceration of the cheeks, lips or tongue may appear. This is not usually a problem. Applying a small amount of topical anaesthetic (such as Orabase, Difflam) or mouth rinses daily can also be helpful.

FOOD CAUGHT AROUND THE HERBST

This is not an emergency, but can be a little uncomfortable or embarrassing if food is caught between your teeth and the Herbst.

If you are experiencing an orthodontic emergency, please call our staff on

parents, they are usually fairly simple to treat.



itted. The discomfort is both normal and temporary.
effective.

t eating. A small amount of orthodontic relief wax makes an excellent buffer between the plate and your
o make eating more comfortable.

rbst does not cause them, they may be precipitated by an irritation from the appliance. One or several
an emergency, but may be very uncomfortable for the patient. Prompt relief may be achieved by
n or Ora-Gel) directly to the ulcerated surface using a cotton swab. Reapply as needed. Warm Saline

ing. It is easily fixed with a piece of dental floss or use an interproximal brush or toothpick to dislodge













9672 6113 to schedule an appropriate time for your emergency appointment.

DIET





















Diet can play a major role in the health of the oral cavity. Foods high in sugar are the worst for teeth when it comes to the development of decay. Bacteria in the mouth metabolize these sugars and during this process produces acid. The mouth can become more acidic which can cause demineralization of the enamel surfaces of the teeth, which over time forms cavities. While undergoing orthodontic treatment you need to think twice about eating foods that could increase your risk of cavities. You should also avoid anything that may damage or break your Herbst appliance.

A balanced diet is always important for healthy teeth and gums and general wellbeing but while your teeth are tender eating soft foods or cutting food into smaller mouthfuls will help.

Foods to avoid

Chewy foods	bagels, licorice		
Crunchy foods	popcorn, chips, ice		 
Sticky foods	caramel candies, chewing gum		
Hard foods	nuts, hard candies		
Foods that require biting into	corn on the cob, apples, carrots		 

Foods you can eat

Dairy	soft cheese, pudding, milk-based drinks			
Breads	soft tortillas, pancakes, muffins without nuts			
Grains	pasta, soft cooked rice			
Meat/Poultry	minced beef, ham, slow cooked meat, shredded chicken, tuna, salmon, crab cakes.			
Vegetables	mashed potatoes, steamed spinach, beans			
Fruit	apple sauce, bananas, fruit juice			
Treats	ice cream without nuts, milkshakes, jelly, soft cake			

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You may still enjoy your favourite crunchy fruits and vegetables or steak whilst wearing orthodontic appliances - just be sure to cut or slice them up in to small pieces

STERILISATION

At Norwest Orthodontics our patients' wellbeing is our priority. That's why the cleanliness of our environment is of the utmost importance and something we pride ourselves on maintaining at all times.

- We ensure all our staff are trained in the latest infection control procedures and wear appropriate safety garments when treating patients.
- All our instruments are sterilised after every use or are single use only.
- Our staff is committed to providing a hygienic environment for all our patients.

TOOTHBRUSHES

We request all patients to brush their teeth before coming to their appointments. We have a range of toothbrushes available for purchase and a toothbrush bay in the practice where you can clean your teeth.

APPOINTMENTS

We have a SMS reminder service to help remind you of your next appointment. The length of time we will schedule for you depends on the procedure that has been prescribed for you. You will be seen at regular intervals during the course of your treatment. It is very important to keep your appointments so we can complete your treatment as scheduled.

OUR FLEXIBLE INTEREST FREE PAYMENT PLAN

Financial constraints should not inhibit your ability to achieve the smile you desire. We understand this and offer a range of flexible interest free payment plans to allow you to pay for the service over time. Typically there is an initial deposit required at the start of treatment and the balance is paid in monthly instalments during the course of treatment. Please speak to your treatment coordinator or Shivi Dev, our Practice Manager, to discuss any queries in relation to your payment plan.

HEALTH INSURANCE

Norwest Orthodontic's primary focus is the wellbeing of our patients. The orthodontic plan prescribed is based upon providing you with the best possible treatment tailored to your individual circumstances and needs. As a specialist clinic we are committed to providing the highest level of specialist care and treatment for our patients. We are not allied to any health insurers nor able to process rebates on site. We can provide you with a payment receipt which you can lodge with your health insurer to allow you to receive your rebate directly. Should you require assistance with claiming we can provide you with any necessary documentation.

PAYMENT OPTIONS

For your convenience we accept payments in cash, cheque, credit card, EFTPOS and direct debit. Please note there is an additional 2% surcharge on all credit card payments.



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Famous Orthodontic Patients:
- Emma Watson, Katy Perry,
Justin Bieber, Dakota Fanning
and more

PARKING

Parking is available at the front of the practice building. There is also parking underground.

ADDRESS & CONTACT INFORMATION

Address: Suite 11, 6 Meridian Place
Bella Vista, NSW 2153 Australia

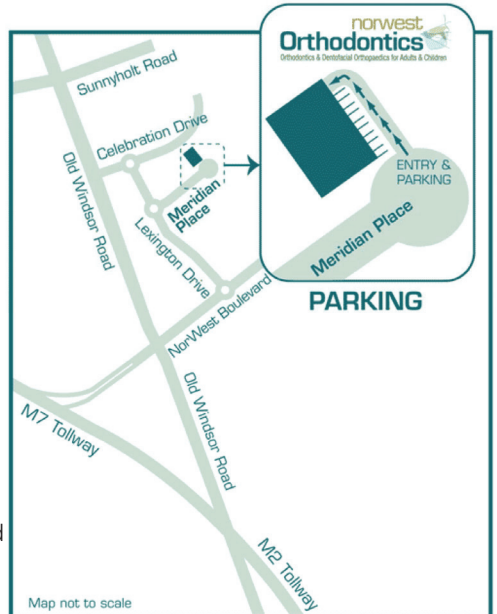
Phone: 02 9672 6113

Fax: 02 9672 6114

Email: info@norwestortho.com.au

Website: www.norwestortho.com.au

Please visit our website for further detailed information and helpful tips to help you understand orthodontic treatment better. We look forward to seeing you at your next visit!



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